

November 2026

A note from the office:

Be present and thankful in all things!

A few reminders as we head into November:

- Please make sure your child has weather appropriate extra clothes in case of spills or accidents.
- Please take home blankets on Fridays to wash and return on Monday.
- Please be sure to call the center and let us know if your child will not be riding the van.
- We will continue to go outside as the weather allows. Please make sure your child has a sweater or jacket for those chilly mornings.

Staff Spotlight:
Miss Rachael is such a valuable asset to the team. She is always a team player and willing to help wherever needed. **Miss Shelby** is our amazing Bee room teacher! She is so loving and does such an awesome job with the littles in her room.

We hope everyone has grateful hearts, full plates and endless joy.

Miss Becca & Miss Alyssa

Love Our Center

HELP US GROW!

3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP!



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.

National Center for Pyramid Model INNOVATIONS

ChallengingBehavior.org

How to Plan Activities to Reduce Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

Unfortunately, there is no "Guidebook for Parents" that tells you exactly how to raise children who behave perfectly at all times. Each child and family is unique, which means that there is no one solution or strategy that is going to work for everyone, every time. However, while it isn't magic, simple planning ahead can work wonders to help improve your child's behavior. You can plan activities to teach your child important skills such as sharing, taking turns or handling disappointment. You can also plan ahead to prepare your child for new events in her life such as changes in her schedule, a road trip, a new baby or a visit from grandparents.

For example, Abby is three years old and is usually happy at preschool where she loves to draw and play with the doll house. However, at home when Abby plays one-on-one with another child, she often ends up throwing toys, screaming "Mine!" or crying. What can Abby's mom do? Instead of always "managing" these outbursts, she can intentionally plan activities to teach Abby the skills of sharing and taking turns. She can also plan activities that give Abby an opportunity to practice these new skills.

Try This at Home

- **Tell your child exactly what to do.** Telling your child to "share" or "be nice" does not actually tell her what she should be doing. For example, if Abby throws her toys, her mom can say, "Abby, toys stay on the floor or on your lap." If Abby hits her friend, her mom can say, "Hands down. Hands are for playing, eating, and hugging. Use your words. You can say, 'I am angry. Help please'."
- **Use a Visual Schedule.** A visual schedule will help her to understand what is expected. To learn more about visual schedules, read the *How to Use Visual Schedules to Help Your Child Understand Expectations* handout in the Backpack Connection Series.
- **Practice, practice, practice.** Intentionally create situations where she can practice the desired behavior. For example, Abby's mom can help Abby learn to take turns while playing with her sister or an older friend. She can ask Abby's sister to "help teach Abby to take turns" while playing with one doll. Abby's mom provides the toy and reminds the girls to take turns when playing. The girls can practice the skill of sharing during their time together.
- **Catch your child being good!** When your child is using the desired behavior, you can encourage her by responding with enthusiasm. For example, "Wow, I saw you share the sand toys at the park with those two girls. What a great friend you are!"
- **Prepare your child before an event.** For example, Abby's mom can say, "Abby, your friend Ella is coming over to play today. When friends come over, we share our toys. I know how special doggy is to you. We could put doggy in a safe place and you do not have to share her."



- **Hope for the best but plan for the worst!** If you know that your child might have problems when playing with other children, stay nearby so that you can intervene if needed. You might also provide two sets of an identical toy (e.g., two bubbles or two balls) and then offer a change in location to play to diffuse difficult situations.

Practice at School

School offers many opportunities for children to practice social skills and learn emotional vocabulary. Teachers can set up art or quiet activities where children have the opportunity to practice sharing, learning to wait and taking turns. As children interact with each other, teachers provide positive language. For example, "Abby, I see that you are pointing to the red marker. You can tap Jacob on the shoulder and say, 'Can I have a turn?'" After the interaction, the teacher provides the children with encouragement. For example, "Way to go! Class, Abby and Jacob are working together. They are sharing and taking turns!" Teachers can also use daily schedule changes to teach the skill of handling disappointment. For example, "Oh no, Miss Marcie is not here today. We won't be able to go to music. I am really disappointed. What should we do?" At this point, the children can learn to problem-solve and come up with a positive solution.

The Bottom Line

Much of the frustration that parents experience can be avoided by planning ahead and teaching children a desired behavior before a difficult situation occurs. When you are unprepared for your child's challenging behavior, such as whining or temper tantrums, you might respond with anger or in other ways that make the situation worse. Remember that you are in control of the daily schedule and routine. If your child is having problems with activities such as play with others, drop-off at school, or bedtime, you can plan activities that will give her the opportunity to learn the social skills she needs. Planning ahead can reduce challenging behavior such as meltdowns, whining and temper tantrums and increase desired behavior such as flexibility, using words and patience. Planning activities that teach skills such as sharing and taking turns will provide her with the tools she needs to increase self-esteem and be successful in school and life.

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University of South Florida

IDEAs that Work — Office of Special Education Programs

Weekly Themes:

11/2 - 11/6	Opposites
11/9 - 11/13	We Love Our Veterans
11/16 - 11/20	Sports
11/23 - 11/27	Thanksgiving
11/30 - 12/4	Winter Wonderland

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Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Becca: Mashed Potatoes & Pecan Pie
Miss Tiara: Watergate Salad
Miss Lillie: Strawberry Pretzel Salad
Miss Brittni: Cheesy Broccoli Casserole
Miss Joelle: Cheesy Potatoes
Miss Kami: Ham & Pumpkin Pie
Miss Shelby: Mashed Potatoes
Miss Angelica: Pie
Miss Madelyn: Ham & Mashed Potatoes
Miss Selena: Everything!
Miss Ana: Sweet Potato Pie & Collard Greens
Miss Jenna: Ham & Potatoes
Miss Caitlin: Deviled Eggs & Green Bean Casserole
Miss Melanie: Green Bean Casserole
Miss Rachael: Mashed Potatoes
Miss Ariel: Pumpkin Pie
Miss Hannah: Mashed Potatoes



Rosie
Aubriella
Xakai
Ryker
Anahi
Harper
Truth
Willow
Kayden
Kaylinn
Mia
Miss Solena
Miss Melanie

Photos of the Month









Health & Fitness Tips:



Apple Pie Yogurt Dip



Ingredients

- 1 Greek 100 Vanilla Yogurt Cup
- 3 tbsp. Fresh Ground Almond Butter (or any natural nut butter)
- 1 tsp. Apple Pie Spice
- Apple Slices (for dipping)
- Graham Crackers (for dipping)

Directions

- To make your dip, simply stir the almond butter and apple pie spice into the yogurt cup. You don't even have to dirty any extra dishes! Mix well. Then dig in!

Fall Outdoor Activity



Rake Leaves. Jump Into the Piles.
Throw Leaves Up in the Air. Repeat.
Make Physical Activity FUN!

Care-A-Lot

Gobble Gobble!

We have so many things to be grateful for this year, but our biggest is our wonderful babies and their amazing parents. We are so incredibly blessed to have y'all in our lives. We have three new friends starting and we are so excited to help them grow!

Parents, please update your child's bin with weather appropriate extra clothes, as we start to experience cooler weather. We will be spending time building our tummy and arm muscles as our friends get ready to crawl! We will place the friends that are ready on their hands and knees and encourage them to move forward toward toys!

Millee loves to look at herself in the mirror. **Emmori** has the sweetest smile and we love to see it!

Happy Thanksgiving!

Miss Tiara & Miss Millie

Disney

Hello little turkeys!

This month we will be doing fun turkey artwork for the holiday. We also can't wait for Miss Janet's famous Thanksgiving lunch that she makes! It is always so yummy! Please check your child's cubby to make sure all of the extra clothes are weather and size appropriate, now that the cooler weather is here! We will be working on problem solving this month by hiding toys for the kids to find. We will also work on independence by having them help put on their pants after diaper changes.

Ivy is getting up on all fours ready to crawl everywhere. **Aubriella** is the biggest sweetheart. She just loves to hang out with friends and play all day long.

Have a safe and happy Thanksgiving!

Miss Brittni & Miss Joelle

Ducks

Happy fall, y'all!

This month we will continue our daily learning on our ABC's, numbers, colors, shapes and ASL. As it is getting cooler outside, please make sure your kiddos have a warm jacket with them for when we go outside! We will continue to practice how to say "please stop" and focus on sharing our toys this month. We will bring corn and leaves inside to play with them in our fall sensory bin. We will read the book, *Five Little Thank-Yous.*

Everett & Leah have started walking! We are so proud of them! **Elliana** always fills the room with joy and her big cheesy smile!

Have an amazing November!

Miss Kami & Miss Ariel

Bees

Hello November!

This month we will continue to learn during our circle time and also learn about the weather changing. We will create fun fall and Thanksgiving art. as well as read the book, *Dino Thanksgiving*. We will do a fun whipped cream sensory bin to get our hands exploring a new texture! We will also start to work on saying “please stop” when a friend is doing something we do not like. We will practice sharing and taking turns with friends by passing toys to one another during free play.

Loki loves to be kind and play with all of his friends.

Happy Thanksgiving!

Miss Shelby & Miss Angelica

Butterflies

This month we will continue to practice our daily schedule and learning the months of the year. We will work on recognizing our daily routine and learning what comes next throughout the day. We will practice identifying concepts like big and little! We will have a monthly activity sent home for families. These are a fun way for families to get involved and have a little piece of their home displayed in our center!

Robbylee loves to help and he does great at repeating the ABC's during circle time! **Amelia** loves to make her teachers giggle!

Happy Thanksgiving!

Miss Madelyn & Miss Selena

Caterpillars

Gobble gobble from our little turkeys!

This month our class will focus on flash cards, memorizing ABC's & phonics. It is so fun to see the kids start to remember the sounds that each letter makes! Our sensory bin this month will be focused on acorn and leaf sorting for fall. We are going to read the book, T*was the Night Before Thanksgiving* and talk about what we are thankful for. We will learn how to take a break and take a deep breath when we need a moment to calm down.

Please make sure to bring extra weather appropriate clothes for your child's cubby just in case of accidents or spills.

Lillian is new to our crew and she is fitting right in with our group! She is always so kind and is great at making friends. **Lyla** is always guiding her friends and reminding them of the rules like using our walking feet!

We are thankful for YOU!

Miss Ana

Frogs

We have so much to be thankful for in the Frog room!

The kids will be learning about different sports that are played. They will also learn about Thanksgiving and what the holiday means. We will be talking about what we are thankful for and we will read, *How to Catch a Turkey*. Our sensory bin will also be Thanksgiving-themed with turkeys and corn. The librarian will visit each week to read us books and we always love the stories she picks for us. When we practice our social skills, we will focus on how to say "please stop" to a friend if they are doing something we do not like.

Irene has come out of her shell and we have loved to watch her grow. **Lillian** is always willing to help her friends and is so kind.

I hope you all have an amazing time with your family.

Miss Jenna

Lizards

November is for giving thanks!

This month we will go on a hunt to find opposites. We will dress up as our favorite sports players, and we will also dress up our class snowman for the current weather. Our sensory bin will be filled with fall leaves and acorns and we will read the fall themed book, *One Leaf, Two Leaf, Count With Me*. We will practice how to take a break when we need one. It's never a bad thing to walk away and find a calming spot if you need to. We are very excited that the librarian is going to continue to visit each week to read us fun books!

Zander is shy at first but when he warms up he is a chatty little guy! **Cohen** always has the cheesiest smile, no matter what!

Have a blessed Thanksgiving!

Miss Caitlin

Miss Melanie's Pre-K

Happy Turkey Month!

This month we will be learning the letters C, A and G, and we will practice the sounds they make. We will also make lists of things that start with each letter. Our sensory bin will be filled with the opposites hard and soft for the kids to sort into 2 groups! We will read the story *10 Fat Turkeys,* which will help us practice our counting and math skills in a fun Thanksgiving book. We will also have the librarian visit and read us books! It is always so fun to have visitors in our room!

During our practice using social skills, we will learn and practice to ask for a turn nicely with friends.

With the weather getting colder, we will still try to go outside, so please bring jackets and warm shoes.

Nash is always so kind to everyone! **Clay** used a solution card and asked a friend to trade toys with him!

I hope everyone has a safe turkey day!

Miss Melanie

Miss Rachael's Pre-K

The month of thanks is here!

This month we will focus on the letters C, A and G. We will continue to do our monthly journals and our prompt this month will be "I am thankful for...". We will use leaves and corn in the sensory bin to practice our fine motor skills and we will use these skills during art time. During Thanksgiving week, we will read *How to Hide a Turkey*. We will have a special visitor this month! Adam will come read a story during the week of Veteran's Day!

We will also work on our social skills and regulating our emotions. We will practice how to get and use a timer to take turns with toys in the room.

Bethany is always helpful to her friends and teachers! **Hadley** is growing socially and building her confidence.

Please bring jackets! We will be going outside even on cold days!

Miss Rachael

School-Age

Happy Thanksgiving!

This month we will be making handprint turkeys, flags and snowmen. We will also practice setting a timer and sharing with our friends. We will have a special guest this month that will talk to us about safety and respect.

Zalynn helps the little kids on and off of the vans and helps them buckle up. **Grey** is so kind to everyone and loves to be a helper!

Let's get ready for the countdown to Christmas!

Miss Ariel & Miss Hannah



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 LIZARDS Opposite Hunt MISS MELANIE'S PRE-K Light & Dark Art MISS RACHAEL'S PRE-K Opposite Card Game	4	5	6 FROGS Show & Share	7
8	9	10	11 BUTTERFLIES Not All Heros Wear Capes Art MISS MELANIE'S PRE-K Make Veteran Art	12	13 FROGS Show & Share	14
15	16 LIZARDS Wear Basketball Jerseys	17 MISS MELANIE'S PRE-K Basketball Art	18 LIZARDS Wear Baseball Jerseys FROGS Jersey Day	19	20 BUTTERFLIES Wear Favorite Sports Team LIZARDS Wear Football Jerseys FROGS Show & Share MISS RACHAEL'S PRE-K Jersey Day	21
22	23 FROGS Turkey Face Mask MISS MELANIE'S PRE-K Thankfulness Activity	24 BUTTERFLIES Turkey Art MISS RACHAEL'S PRE-K Journal "I am thankful for..."	25	26 happy thanksgiving Building Blocks is CLOSED TODAY Sergeant Bluff Luton Schools NO SCHOOL (11/25 - 11/27)	27	28
29	30	1	2	3	4	5